

# A STUDY ON ADJUSTMENT PROBLEMS OF SECONDARY SCHOOL STUDENTS

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## ABSTRACT

The present study has been designed to investigate the adjustment of secondary school students concerning their gender, locality, management. Three hundred secondary school students studying in the Ongole town of Prakasam district were selected as samples. In this investigation, Adjustment Inventory was developed by Sinha&Singh (1971). It consists of 60 items with three alternative options such as always, sometimes, and never. There are 23 positives and 37 negatives. If the respondent finds 'always', the positive items will be given a weightage of 2 points. Similarly, 1, 0 points are given to mark 'sometimes' and 'always' respectively and in the case of negative items, the scoring is reversed, i.e. from 0 (always) to 2 (never). The split-half reliability of the coefficient was 0.95. The results showed that Secondary School Students differed in their adjustment problems levels. Nearly 18.00% of the sample secondary school students possess extremely unsatisfactory adjustment. 27.33% of the sample Secondary School Students have unsatisfactory adjustment. Approximately 34.00% of sample secondary school Students have below-average adjustment. Nearly 20.67% of the sample Secondary School Students have average/moderate adjustment. Gender and management of secondary school students make a significant difference in their adjustment problems, whereas locality of secondary school students makes no significant difference in the adjustment problems.

Keywords: Adjustment and Secondary School Students.

## Introduction

Adjustment is the process of getting along with one other. It is described as the process by which an individual changes his/her behavior based on the requirements needed in order to establish a much more connected and a healthy relationship between oneself and the environment. It is the ability to accommodate oneself to the changing circumstances as a mark of maturity. In brief, adjustment refers to the behavior of an individual according to the requirements of the society in which they survive along with fulfilling their own needs and dreams. According to the Evolution Theory proposed by Darwin in 1859, Species that constantly adapt themselves to the changes in the environment and the society have a greater chance of survival and mutate when compared to others that eventually fade and die. Therefore, changing and adapting to a new environment has become a major requirement for one's survival. This holds true for every species holding up their life today. Those who adapt have a peaceful life and can live with joy when compared to others who fail to adapt and continue their poor form of life and eventually be suppressed by the environment.

Successful adjustment is crucial to having a high quality of life. Understanding one's own strengths and weakness is a key factor for a successful adjustment. One must be flexible enough to understand and have the will to change accordingly. A well-balanced lifestyle also plays a crucial role in the concept of adjustment. When one is willing to face the society and life a prosperous life, he/she should be willing enough to adapt to the conditions that the society is currently in. The basic concept of adjustment is not very new to us. It has been prevailing in the society from a very long time. The elder generation has taught us how to accompany to

the sudden changes and how to cope-up with them. This generation has more advantages when they adapt than the previous generations. The adaptation might be new and difficult at the beginning but as the time passes, all of us will understand it and thus try to become a better person for a society.

### Definitions

Shaffer, L. S. (1961) defined “adjustment as the process by which an organism maintains a balance between its needs and the conditions that affect the satisfaction of these needs”(Ayesha Khan, 2016).According to James Drever (1952), adjustment means an amendment to replace or meet specific circumstances.

### Characteristics

- Adjustment is the process of reducing need.
- It brings feelings of happiness, ability, and to some extent.
- It depends on external and internal demands.
- The adjustment refers to a process and condition.

### Need and importance of Adjustment

The goal of an adjustment is to meet needs by minimizing frustration and tension. It helps us to live a happy and fulfilling life. It helps to strike a balance between our needs and our ability to meet needs. It caters to the needs of the individual who are regulated by the demands of different environmental conditions.

### Significance of the Study

Adjustment is the process of allowing an individual to receive, arrange, modify or to become a correspondent. It is the method of learning and implementing the various patterns of the environment into one’s practical life. Every human being wants to adapt to different situations. They constantly try to adapt to the ever-changing society because it is the only method to live a happy and a peaceful life that they wish for. Behaviour is a key factor that defines one’s level of adaptation with the society in which they prevail. They should have a positive and a constructive behaviour. Man is a social animal and he can adapt to new conditions quickly. Even the Secondary School Students in their teens try to adapt to new situations and the changing environments. It is the time when a student strives to develop a proper adjustment in a variety of areas, including emotional adjustment, social adjustment and academic adjustment. Therefore, the adjustment in Secondary School Students is of great importance for their study.

### Review of Related Literature

**Sayanika Deka (2017)** revealed that locality doesn’t make a significant difference in adolescent girl students’ educational adjustment problems; while locality makes a significant difference in the adolescent girl students’ social and emotional adjustment problems.

**Md. Mahmood Alam (2018)** results found that gender, locale, academic stream, and types of a school of secondary school students make a significant difference in the adjustment

### Statement of the Problem

The topic of the current research is “*A Study on Adjustment problems of Secondary School Students*”.

## Objectives of present investigation

- To assess the levels of adjustment problems among secondary school students.
- To study the differences of the below variables on the adjustment problems of secondary school students.
  - Gender
  - Management
  - Locality

## Null Hypotheses

- The Secondary School Students don't differ in their levels of adjustment problems.
- The following variables don't make a significant difference in the Secondary School Students' adjustment problems. a) Gender b) Management c) Locality

## Limitations

The geographical area of the investigation is limited to one district, namely Ongole in Andhra Pradesh. The sample size was limited to 300 Secondary School Students.

## Research Design

In this research, the descriptive survey research design was used and the secondary school students were selected as a sample. The study was conducted on a sample of 300 secondary school students from Ongole town Prakasam district of Andhra Pradesh. This sample was selected using a random sampling method to ensure population representation.

**Table 1: Classification of the Total Sample on Adjustment Problems**

Sl. No.	Scores	Size (N)	%	Verbal Description
1	92 and more	054	18.00	Extremely Unsatisfactory adjustment
2	Between 78 to 91 scores	082	27.33	Unsatisfactory adjustment
3	Between 63 to 77 scores	102	34.00	Below average adjustment
4	Between 42 to 62 scores	062	20.67	Average / Moderate adjustment
Total		300	100.00	

It can be inferred from table 1 that nearly 18.00% of the sample secondary school students possess extremely unsatisfactory adjustment. 27.33% of the sample Secondary School Students have unsatisfactory adjustment. Approximately 34.00% of sample secondary school Students have below-average adjustment. Nearly 20.67% of the sample Secondary School Students have average/moderate adjustment.

**Table 2: Adjustment Problems of Secondary School Students -Gender- Mean - SD - C.R.**

Gender	N	Mean	S.D.	C.R.	Remarks
Boys	150	77.20	14.36	2.18	Sig. at 0.05 level
Girls	150	73.68	13.58		

The C.R. value (2.18) is greater than 1.96 at 0.01 level of significance. Therefore, the null hypothesis is not accepted. Gender of secondary schools students makes a significant difference in their adjustment problems. It indicates that boys of secondary school students possessed more unsatisfactory adjustment than their counterparts.

**Table 3: Adjustment Problems of Secondary School Students –Management- Mean –SD – C.R.**

Family type	N	Mean	S.D.	C.R.	Remarks
Private	138	72.25	12.96	2.51	Sig. at 0.05 level
Government	162	76.51	15.87		

The C.R. value (2.51) is higher than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is not accepted. The type of family of secondary school students makes a significant difference in their adjustment problems. It indicates that government secondary school students possessed more adjustment than the private school secondary students.

**Table 4: Adjustment Problems of Secondary School Students -Locality- Mean - SD - C.R.**

Locality	N	Mean	S.D.	C.R.	Remarks
Rural	126	71.98	12.93	1.66	Not Sig. at 0.05 level
Urban	174	74.66	14.39		

The C.R. value (1.66) is less than the table value 1.96 at 0.05 level of significance. Therefore, the null hypothesis is not accepted. Locality of secondary school students did not make a significant difference in their adjustment problems.

#### Major findings of this investigation

- Secondary school students differed in the levels of their adjustment problems. Nearly 18.00% of the sample secondary school students possess extremely unsatisfactory adjustment. 27.33% of the sample Secondary School Students have unsatisfactory adjustment. Approximately 34.00% of sample secondary school Students have below-average adjustment. Nearly 20.67% of the sample Secondary School Students have average/moderate adjustment.
- Gender and management of secondary school students make a significant difference in their adjustment problems, whereas locality of secondary school students makes no significant difference in the adjustment problems.

#### Recommendations

This study calls for school authorities to initiate adjustment programs for secondary school students. Orientation programs, social activities, and student organizations should be set up within the school environment to promote overall adjustment among students. Therefore, students should maintain a positive, free, open, and friendly environment in which they can communicate freely with teachers. A good school environment is very important in turning students into good people who can meet the challenging demands of life. Many programs need to be organized in schools to suit different student needs. Parents need to be made aware of their role in transforming the child into a well-adjusted personality. Provide guidance and counselling center, educational counsellor, financial assistance programs, and training programs to meet the needs of different students. Providing adequate rest, socialization, physical activity and recreation can improve students' well-being and adjustment.

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